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Honouring their daughter

Family members of Danielle Kendall posthumously accept her U of C Engineering degree following Kendall's death

PAGE 3

Surveillance in America

As U.S. asserts intention to continue with secretive surveillance, speculation swirls around leaker's next move

PAGE 9

Feds set new rules on pot

Medical marijuana users will have to get their weed via mail order under new rules from Ottawa

PAGE 12

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PAGE 19

Cuts have students looking outside Alta.

Post-secondary.

Saskatchewan, B.C. and elsewhere eyed as possible locations for university study



**JEREMY
NOLAÏS**

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Prospective Alberta post-secondary students are flooding universities in Saskatchewan with applications amid uncertainty over cuts to provincial post-secondary funding.

Schools in the neighbouring province, meanwhile, are committing tens of thousands of dollars in funding on recruitment campaigns targeting Calgary, Edmonton and other areas.

"We have been receiving calls and emails from students worried about (the cuts)," said Dan Seneker, manager of student recruitment at the University of Saskatchewan.

"They're kind of bypassing the Alberta school system and

Quoted

"I don't want to be in a province that doesn't care to invest in its universities."

Student Brent Kelly

saying "Get me out of here, I'm coming to Saskatchewan."

The Alberta government slashed funding for universities, colleges and polytechnics by 7.3 per cent in its 2013-14 budget, unveiled in March, kick-starting a scramble by schools across the province to determine what they could do without.

Seneker said he's fielding inquiries from guidance counsellors on behalf of students initially accepted to Alberta schools but who have since had their offer revoked as enrolment targets were trimmed. As a result, application deadlines for arts and science have been extended to July 1.

All told, the University of Saskatchewan expects 500 of its 3,000 new students this fall

to be from Alberta, a 15 per cent increase over last year.

At the University of Regina, meanwhile, applications from Calgary students have more than doubled, and they also jumped by half among Edmonton learners.

The U of R committed \$25,000 to recruit Calgary students specifically because of the March budgetary announcements, said school provost Tom Chase.

"Given that many families in Calgary have close connections to Saskatchewan and given that you do have a shortage of seats for qualified students in the Calgary region, we thought, Let's see if we can offer seats to people who are unable to find them," he said.

Elsewhere, Alberta undergraduate students such as Brent Kelly, who has nearly completed a political-science degree, are looking at B.C. and Eastern Canada as better venues for future studies.

"I don't want to be in a province that doesn't care to invest in its universities," he said.

WITH FILES FROM ANNALISE KLINGBEIL



HADFIELD RETIRES

Astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. See story, page 10.

RICHARD PAUL CHIASSON/THE CANADIAN PRESS

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Turn to page 6



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Three charged

Teen freed from alleged human traffickers: Police

Three men from Montreal face human-trafficking and prostitution-related charges following a "reverse sting" that freed a 17-year-old from the sex trade, according to Calgary police.

"We transferred her to a safe, secure location," Staff Sgt. Robert Rutledge said of the victim, whom he described as under "psychological imprisonment."

Police allege the same suspects also forced a 19-year-old victim, who was known to the younger victim, into the sex trade.

The sting began when officers set up a meeting with the 17-year-old via an online ad, Rutledge said, where she was advertised as 19 years old.

Upon meeting in a hotel room, investigators recognized she was underage.

"Immediately once the officers identified themselves, she broke down and has been very co-operative," Rutledge said.

Police later arrested three suspects who were in the process of packing up to leave town, Rutledge added.

Darlande Leveau, 26, and Frederick Maignan, 24, face numerous human trafficking and prostitution-related charges, while Andy Affriany-Fafard, 23, faces one charge of unlawfully keeping a bawdy house.

Charges like these are likely just the "tip of the iceberg" of what's out there, according to Andrea Burkhart, executive director of the Alberta Action Coalition on Human Trafficking.

"Our awareness of the issue is growing rapidly," she said.

ROBSON FLETCHER/METRO



Noreen Kendall, left, and husband Gordon address reporters prior to accepting a University of Calgary degree on behalf of their daughter Danielle Kendall, inset, who died climbing a volcano in Ecuador earlier this month. JEREMY NOLAIS/METRO, METRO FILE

Scholarship to honour U of C climbing victim

Danielle Kendall.

Aspiring engineer had collected rocks from 25 of world's mountaintops



JEREMY NOLAIS

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Family members were on hand Monday to posthumously accept a University of Calgary engineering degree after their beloved daughter and sister was killed climbing a volcano in Ecuador earlier this month.

Danielle Kendall, 22, died

doing what she loved, according to her father Gordon Kendall, who addressed reporters, along with his wife Noreen and children Graeme and Allison, before Monday afternoon's graduation ceremony.

"(Danielle) had 25 rocks from 25 mountain peaks," Gordon said, tears in his eyes.

A scholarship has been announced in Kendall's honour and will be awarded to one student each year from both the Schulich School of Engineering and the U of C Dinos track team.

Danielle was a rising star on the track squad, twice reaching the podium with

How to donate

Donations can be made to the Danielle Kendall Endowment Fund at netcommunity.ucalgary.ca/danielle

her relay teammates at the national championships earlier this year.

Her sister Allison competed on the team alongside Danielle and described her as a "protector" and a "leader."

"She was extremely fierce — nothing would get in her way," Allison said. "She'd be calm before anything, she knew what she needed to do

(and) she accomplished that task, no problem."

Danielle was on vacation in Ecuador over a week ago when she was struck and killed by a car-sized piece of ice that had broken loose near the summit of the Coto-paxi volcano, a popular destination for thrill-seeking tourists.

Efforts were made to resuscitate her, but she died on the mountainside.

Family members rushed to the South American country to claim her body. Gordon said an investigation by local authorities is ongoing.

A celebration of Danielle's life is planned for Friday.

1 NEWS

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Don't be a 'Lounge Lizard' or 'Funky Ferret,' Calgary Transit urges riders

PSA. Animals used as stand-ins for noisy, smelly people who hog seats



ROBSON FLETCHER
robson.fletcher@metronews.ca

Lazy lizards, dogs talking on cellphones, and rank rodents are part of a new Calgary Transit campaign aimed at encouraging good etiquette on city buses and C-Trains.

"It's meant to be a playful reminder of things that are important to other people on the bus," transit director Doug Morgan said. "We're not here to lecture people on behaviour."

Vancouver's transit system has seen success with a similar animal-themed ad campaign, Morgan added, as the creatures present a more neutral way of identifying bad behaviours

without stereotyping human beings.

The annoying animals in the ads include the "Lounge Lizard" (who takes up seats while others need them), the "Chatty Chihuahua" (whose loud talking on a cellphone annoys nearby riders) and the "Funky Ferret" (whose personal hygiene is questionable).

In addition to physical advertisements on transit and an online campaign, Morgan said, peace officers will also be "discussing" good etiquette with riders who don't observe the common courtesies.

Marie Cooper, who has been riding Calgary Transit since 1955, said the vast majority of riders are friendly and courteous but a small handful are "totally oblivious" to others, but not deliberately so.

"I think they're oblivious because they're on their cellphones and they don't even notice," she said.

Regular transit user Ray

More details

The campaign was motivated by increased ridership on both C-Trains and buses, said transit director Doug Morgan.

- In addition to advertisements, Calgary Transit will use its official Twitter account, which has roughly 23,000 followers, to promote the campaign.
- More information is available online at calgarytransit.com/courtesy.

Vantomme agreed, and hoped the campaign would make those rare riders a bit more mindful.

"I think they should be keeping a closer eye on what's going on around them," he said.



Transit riders Jeanne Pollock, left, and Lucie Lennon are forced to stand due to a "Lounge Lizard" taking up priority seating. The animal will be one of several featured in a new ad campaign. ROBSON FLETCHER/METRO

4

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A goal 16 years in the making for Wickenheiser

U of C. Hockey legend finally scores her bachelor's degree at convocation ceremony

**ALLISON
PARDER**
calgary@metronews.ca

After 16 years of balancing books and her athletic career,

Olympic gold medallist Hayley Wickenheiser walked the stage Monday at her University of Calgary convocation ceremony, receiving her bachelor's degree in kinesiology.

Wickenheiser started her degree in 1996 at the U of C and also did a six-month term at Simon Fraser University. It was an important goal for her to complete her degree, and walking the stage was something she wouldn't

have missed.

"I remember vividly watching my mom walk across the stage when I was 10 (after finishing her degree) and how important that was to her and to all of us. I wanted my son to be able to see that," Wickenheiser said.

The faculty at the U of C supported Wickenheiser throughout her studies, accommodating her hectic sports schedule by allowing her to make up

exams and contribute while on the road. She also attributes her success to teammates on the Dinos hockey team.

"Thank God for the Dinos women's team — I had all those girls to help me out. As much as I might have helped them on the ice, they helped me off the ice," she said.

Wickenheiser plans to continue pursuing her education by applying for medical school in the fall.




Hayley Wickenheiser shakes hands with Jim Dinning, chancellor of the University of Calgary, at her convocation on Monday. RILEY BRANDT/UNIVERSITY OF CALGARY



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Anonymous names men allegedly preying on teen girls

A YouTube video released by Anonymous, which shows images of two men the hacktivist group alleges are sexual predators, has Edmonton police concerned about vigilante justice.

In the video, which is addressed to the citizens of Edmonton, Anonymous claims two local men attempted to lure 14-year-old girls for sex.

Before showing a video clip of one man and stating his full

name and that of his employer, the video says Anonymous has been waiting for police to prove they have apprehended the individuals.

"There has been no reply. This is unacceptable," the video states.

Anonymous says more names will be released if there is no action in 24 hours.

On Monday, Bob Andrews, the officer in charge of ALERT's

Internet child-exploitation unit, said Anonymous contacted them in May and Monday's video came as a surprise to police. He said officers have tried to work with Anonymous, but those behind the group have been "reluctant" to do so.

"I would caution anyone and everyone to not judge anybody by information that isn't complete," Andrews said.

ANNALISE KLINGBEIL/METRO

Be advised

Road detours ahead for southeast

Paving crews began work on 50 Avenue and Fairmont Drive S.E. Monday, and along with it come parking and lane restrictions in the area.

50th Avenue from Macleod Trail S.W. to Builders Road S.E. and Fairmont Drive S.E. from Glenmore Trail to Flint Road will see road milling, levelling and concrete repairs before paving later this month. **METRO**

Northeast. Investigators called in after apartment building catches fire twice

Crews were called to a four-apartment complex on Centre Street N.E. around 8 p.m. Sunday, where they found a fire had started under a set of wooden stairs at the front of the building and spread to the lower apartment.

The fire was extinguished, but public-information officer Carol Henke said they were

once again called back around 6 a.m. Monday morning.

Henke said Calgary police arson investigators have been called in, though they haven't deemed the fire suspicious.

"We are looking at all the possibilities, because it's definitely not common for two separate fires to start at the same location." **KATIE TURNER/METRO**

'Eccentric and wonderful': Beakerhead coming

Inaugural event.

Arts-and-science festival runs from Sept. 11 to 15



KATIE TURNER
katie.turner@metronews.ca

Arts, science and engineering will collide around Calgary in just a few months, as organizers announced some of the

Learn more

- For more on Beakerhead, go to beakerhead.org.

over-the-top events scheduled for the first Beakerhead festival.

"I've got to be honest — even I don't know exactly what it's going to look like but I'm sure it's going to be crazy and eccentric and wonderful," co-

founder Jay Ingram, formerly of the Discovery Channel's Daily Planet, said at the launch on Wednesday.

From Sustainival (an entirely green carnival and midway), to pop-up gathering places around the city, to mutant art cars parading through Calgary, the possibilities are endless, Ingram said.

"It's thinking about the entire city as a stage, and we want to put performances on

that stage."

Beakerhead received a \$400,000 from the province, money Minister of Culture Heather Klimchuk said is well-deserved.

"What appealed to me about this event is the interlinking of science and technology, because we know some of the most scientific minds had a huge passion for creativity and are often artists in their own right," she said.



From left: Tourism Minister Richard Starke, Beakerhead co-founder Jay Ingram and Culture Minister Heather Klimchuk celebrate the launch of the festival on Monday in the East Village. KATIE TURNER/METRO

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Drunk driving. Cop whose godson was killed steers awareness campaign

Mike Maniago was selfless — the kind of guy who played hockey for the love of the game, not money, and always made time for others.

At 20, he was a rising star with the Western Hockey League's Lethbridge Hurricanes. But a late-night outing for pizza with his brother in 2008 turned to tragedy when their vehicle was struck by another on Calgary's Marquis of Lorne Trail S.E.

Mike died at the scene, while his brother was seriously injured. Investigators later determined that the driver who hit them had been drunk.

"That's kind of the hard part that I find. You have good people — whether it's somebody I know or you do — and they are not able to help anybody else because of the actions of someone else," said police Const. Randy MacDonald, who was Maniago's godfather.

MacDonald has worked in the police traffic division for eight years and seen his share of impaired drivers. Now he's



Mike Maniago was just 20 when he was killed in a collision with an impaired driver in 2008. CONTRIBUTED

hoping an emotional video centred on him and Maniago's father, Bob, along with a competition spearheaded by the Calgary Police Service, will help spread the message that impaired driving is unacceptable.

People are encouraged to share their own videos about impaired driving and spread awareness through social media, including on Twitter by using the hashtag #hadenough.

Anyone who shares the competition link is entered into a draw for one of four ride-alongs with city police.

JEREMY NOLAIS/METRO

Oops. Housing complex vacant after being built without sewer main

All built up with nowhere to flush.

That's the problem faced by a city-owned affordable apartment building, after the tower went up but a critical sewer main was not installed.

"It's built and it's not hooked up to sanitation because we're at capacity," Ald. Gael MacLeod, who chairs the Calgary Housing Company, said on Monday. "So we have a Calgary Housing building that we're not able to fill."

City manager Owen Tobert said the city had outsourced the project management to a

private firm that hired another firm to supervise the work.

"They actually didn't get around to doing this sewage work," Tobert said. "It was shortly before occupancy that they realized, 'Jeez, we better put this main in.'"

The \$24-million, 88-unit building at 307-55 Ave. S.W. was originally set to open in May 2012, according to a city press release from April 2010.

MacLeod said it should take three months to fix the problem and residents should be able to start moving in by September. ROBSON FLETCHER/METRO



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Senate. Auditor general Michael Ferguson returns amid scandal

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson will meet on Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor to conduct a comprehensive review of Senate expenses. The chamber has been awash in scandal for months over improperly claimed expenses.

THE CANADIAN PRESS



Michael Ferguson THE CANADIAN PRESS

Takeover cancelled

Telus calls off its plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

Mobilicity, which has about 250,000 customers, said it will instead go ahead with a recapitalization plan, which will be voted on by debt holders on June 25.

"The company will continue to provide updates as warranted," Mobilicity said in a brief statement.

Telus had offered to pay \$380 million for Mobilicity, but its deal required the federal government to make an exception to certain rules.

However, Industry Minister Christian Paradis quashed that idea last week when he said the current rules would stand.

THE CANADIAN PRESS

U.K.

Six men sentenced to almost 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

The men, from the Birmingham area of England, had earlier pleaded guilty to planning an attack on the anti-immigrant English Defence League.

The plot failed when they arrived after the rally ended. They were caught by chance after a car was impounded for insurance violation. The vehicle contained guns, a homemade bomb and other weapons.

Judge Nicholas Hilliard said the suspects had intended to cause serious injuries and possibly deaths. He said the men had immersed themselves in a "tide of apparently freely available extremist material."

THE ASSOCIATED PRESS

Ailing Mandela called an 'extraordinary gift'

Serious but stable.

Desmond Tutu's foundation calls South Africa's former president the 'beloved father of our nation'

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an "extraordinary gift" to South Africa.

As family members visited South Africa's first black president in the hospital, the government announced — in only the second communication on Mandela since he was hospitalized Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peace-making role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife, Leah, to promote peace. "We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and

'Ravages of time'

Mandela has been hospitalized several times in recent months.

- He has been particularly vulnerable to respiratory problems since contracting tuberculosis during 27 years as a prisoner of the government, the bulk of which was spent on Robben Island, off the coast of Cape Town, where Mandela spent part of the time toiling in a stone quarry.

Mandela was elected president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era.

"We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said.

On April 29, state television broadcast footage of a visit to Mandela's home by President Jacob Zuma and other ANC leaders. Zuma said then that Mandela was in good shape, but the footage — the first public images of Mandela in nearly a year — showed him silent and unresponsive, even when Zuma tried to hold his hand.

Some South Africans said that showing images of a clearly ill Mandela was inappropriate and appeared to reflect an attempt by the ruling party to benefit politically from its association with Mandela in the run-up to national elections next year.

THE ASSOCIATED PRESS



A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg on Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

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The Obama administration faced fresh anger Monday at home and abroad over U.S. spy programs that track phone and Internet messages around the world in the hope of thwarting terrorist threats. But a senior intelligence official said there are no plans to end the secretive surveillance systems.

Snowden holds on in Hong Kong

An apparent international cat-and-mouse game was also in play, Monday. Edward Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's monitoring of cellphone logs and Web servers.

Hong Kong, a former British colony returned to China in 1997, has an extradition treaty with the United States.

But China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake.

Snowden said he chose Hong Kong because of its "strong tradition of free speech."

"The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

THE ASSOCIATED PRESS



Edward Snowden THE GUARDIAN

5 Latest developments in the U.S. snooping story



Iceland — asylum paradise?

From seafaring Vikings to digital dissenters, Iceland has always attracted outsiders.

This North Atlantic island nation has welcomed eccentric chess master Bobby Fischer, WikiLeaks secret-spiller Julian Assange and the online freedom advocates of the Pirate Party. Could its next guest be Snowden?

In an interview published Sunday outing himself as the source behind stories about the U.S. spy agency's online surveillance programs, Snowden floated the idea of heading to Reykjavik. He told The Guardian newspaper that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS



Chinese cyber-security

Cyber-security was one of the main topics during the informal summit this weekend between Chinese leader Xi Jinping and U.S. President Barack Obama at an estate in the California desert where they also sought to build a personal relationship. But Snowden's presence in Hong Kong has already dragged China into what would have been a domestic issue for the United States. "It's going to be seen by both sides as an unwelcome distraction," said Jean-Pierre Cabestan, a China politics expert at the Hong Kong Baptist University. "This comes at a delicate time because of the Xi-Obama summit and the much bigger issues that both countries have to tackle and both governments and presidents have to discuss." THE ASSOCIATED PRESS

International backlash

Germany's chancellor will raise the issue of the U.S. National Security Agency's (NSA) eavesdropping on European communications when she meets Obama in Berlin next week — the latest sign of the international backlash over America's sweeping electronic surveillance programs.

Obama has defended the once-secret programs that sweep up to an estimated three billion phone calls a day and amass Internet data from U.S. providers, saying they are a necessary defence against terrorism. He assured Americans on Friday that "nobody is listening to your telephone calls." That has given little assurance to Germans and other foreigners, who routinely use U.S.-based Internet sites for voice and data communications. European nations often have much stricter privacy laws than those in the U.S., and their citizens defend those privacy rights with more vigour.

THE ASSOCIATED PRESS



Canada's privacy watchdog weighs in

The federal privacy watchdog says she will look into any implications for Canada posed by possible U.S. government snooping on a wide scale.

The issue of data privacy is generating debate in federal circles following revelations NSA has been tapping into the information banks of American Internet giants.

The office of privacy commissioner Jennifer Stoddart says the scope of information reportedly being collected raises significant concerns.

Stoddart says while it is difficult to assess the merit of the allegations, she will confer with the watchdog that oversees the Communications Security Establishment — the Canadian counterpart to the NSA — to determine how the personal information of Canadians may be affected.

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Nuclear liability. Feds propose raising cap to \$1B from \$75M

Nuclear operators will face a liability ceiling of \$1 billion, up from the current \$75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join

the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another \$450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. **THE CANADIAN PRESS**

Public service

Feds propose new sick leave policies

The federal government wants to revamp its sick leave and disability policies for the public service in an effort to reduce high levels of absenteeism.

A new short-term disability

program would replace the present system of banked sick days, Treasury Board President Tony Clement told a news conference Monday.

The existing long-term disability program, which kicks in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added.

THE CANADIAN PRESS

Star astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters near Montreal.



Win some, lose some

5%

Hadfield says he's lost up to five per cent of his bone density in some areas. But, because he exercised two hours a day while in space, he's able to bench-press more than he used to.

Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. **PAUL CHIASSON/THE CANADIAN PRESS**

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't de-

cided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his re-

cent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video.

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with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

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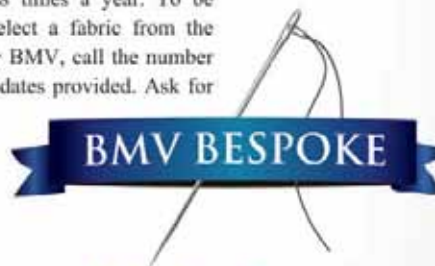
"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

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Ottawa lines up new rules for pot

Medical marijuana.

Patients allowed to buy prescribed amounts only from licensed growers who will be required to meet strict conditions

After two years of study and discussion, the federal government has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Health Minister Leona Aglukkaq rolled out the regulations Monday for formal publication in the Canada Gazette on Wednesday.

Under the new regime, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home.

Health Canada said since the medical marijuana program was introduced in 2001, it has expanded to



A budtender rolls a marijuana cigarette for a patient at a medical marijuana dispensary in Los Angeles. Under new rules in Canada, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home. DAVID MCNEW/GETTY IMAGES FILE

30,000 people from the original 500 authorized to use the product.

"This rapid increase has had unintended consequences for public health, safety and security as a result

of allowing individuals to produce marijuana in their homes," the department said in a news release.

"Under the new regulations, production will no longer take place in homes

and municipal zoning laws will need to be respected, which will further enhance public safety."

In previous versions of the regulations, pharmacies were to distribute the prod-

uct just like other medications, provoking concern from pharmacists, who expressed concerns about dispensing a product without sufficient research. They also cited security concerns.

The final version removes the pharmacists from the loop, leaving patients to rely on mail order for their medical marijuana.

"While the courts have said that there must be reasonable access to a legal source of marijuana for medical purposes, we believe that this must be done in a controlled fashion in order to protect public safety," Aglukkaq said in a statement.

"These changes will strengthen the safety of Canadian communities while making sure patients can access what they need to treat serious illnesses."

She used similar reasoning last week when she introduced new hurdles for the creation of supervised drug-injection sites in response to a court ruling.

THE CANADIAN PRESS

Reaction

Changes won't protect people, critics say

Physicians and pharmacists questioned the regulatory changes, saying there is little evidence that medical marijuana is either effective or safe.

The umbrella group representing the country's colleges of physicians and surgeons said the changes won't protect people.

"We believe that the new federal medical marijuana regulations put patients and the general public at risk," Dr. Rocco Gerace, president of the Federation of Medical Regulatory Authorities of Canada, said. "Physicians should not be asked to prescribe or dispense substances or treatments for which there is little or no evidence of clinical efficacy or safety."



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Canadians don't understand realities of strokes, poll finds

Canadians don't have a great understanding of the realities of strokes, with nearly one in five thinking most strokes are fatal, a new poll suggests.

One in six Canadians seem to believe there is nothing a stroke survivor can do to prevent future strokes and more than one-third think the recovery period is limited to a few months. These statistics are included in the Heart and Stroke Foundation's annual report on stroke.

The report says 50,000 strokes occur in Canada each year and 315,000 Canadians are living with the effects of stroke. The foundation says



Liz Inness of the Balance and Mobility Clinic helps stroke survivor Janet Raymond exercise in a lean and release balance assessment tool at Toronto Rehab recently. JESSE JOHNSTON/THE CANADIAN PRESS FILE

those numbers will rise as the population continues to age.

Dr. Sean Dukelow is a physiatrist (a specialist in rehabilitation medicine) at the Hotchkiss Brain Institute Faculty of Medicine and the University of Calgary. He says more rehabilitation research is needed to figure out what help stroke survivors need and to develop ways to assist them.

The report says stroke costs the Canadian economy \$3.6 billion a year in physician services, hospital costs, lost wages and decreased productivity. It is the third-leading cause of death in Canada.

THE CANADIAN PRESS

Search and rescue

Air force told year ago to vary hours, report reveals

The Canadian air force was told well over a year before being rapped on the knuckles by the auditor general that varying its hours of search-and-rescue operations would mean significantly improved response times for people in

distress.

The Defence Research and Development Canada analysis says tinkering with the schedule would give joint rescue centres more leverage "to save lives without increasing" the staffing levels of air force units.

Despite the conclusion of the March 2012 report, the recommendation gathered dust until the military was taken to task in April by the auditor general, who found

the rescue system is close to the "breaking point." In response, Defence Minister Peter MacKay "encouraged" local commanders to adjust their hours of operation.

The military is currently required to get a rescue aircraft off the runway within 30 minutes of an emergency call between 8 a.m. and 4 p.m., Monday to Friday, and within two hours outside that window.

THE CANADIAN PRESS

Officer lied at Dziekanski inquiry, Crown tells trial

Perjury charges.

Bentley first of four officers to stand trial for their testimony at the inquiry

An RCMP officer who was involved in the death of Robert Dziekanski almost six years ago has pleaded not guilty to lying at a public inquiry into the case.

Const. Bill Bentley is the first of four officers to stand trial for their testimony at the inquiry, which examined what happened when Dziekanski was stunned with a Taser at Vancouver's airport in October 2007.

Bentley's trial opened with a list of half a dozen times the Crown alleges Bentley lied during the inquiry, particularly when it came to a sentence in his own police notes that said Dziekanski ran at the officers screaming.

The indictment alleges Bentley lied when he testified he believed his police notes were accurate, as well as when he told the inquiry he believed the error was due to being confused about the sequence of events during the confrontation.



RCMP Const. Bill Bentley arrives to testify at the Braidwood inquiry into the Taser-related death of Polish immigrant Robert Dziekanski in Vancouver. Bentley is on trial on charges of perjury for his testimony at a public inquiry into Dziekanski's death. DARRYL DYCK/THE CANADIAN PRESS

It also alleges Bentley lied when he offered the inquiry explanations for apparent errors in his subsequent statement to homicide

investigators, such as his contention that it appeared Dziekanski was looking for a weapon shortly before he was stunned. THE CANADIAN PRESS

Background

Facts about the first perjury trial

Some facts about Robert Dziekanski's death at Vancouver's airport:

Dziekanski's death: The Polish immigrant was moving to Canada to live with his mother. Dziekanski, who spoke no English, spent nearly 10 hours in Vancouver's airport, lost and unable to communicate with anyone. He became distraught and started throwing furniture, prompting

bystanders to call 911. Four RCMP officers responded, and within seconds of arriving, one of the officers stunned Dziekanski repeatedly with a Taser. He died on the airport floor.

Aftermath: Several weeks after Dziekanski's death, a video shot by a witness named Paul Pritchard emerged. The video appeared to contradict the official story from the RCMP, showing Dziekanski calm with his arms at his side as police officers arrived.



Dziekanski

The officers' testimony: Bentley, Const. Kwesi Millington, Const. Gerry Rundell and Cpl. Benjamin Robinson all testified at the inquiry, each telling the commissioner Dziekanski was stunned because they believed he was about to attack them with a stapler.

Perjury charges: Bentley is the first to stand trial, in front of a judge. The others are expected to face separate jury trials in November of this year and February 2014. THE CANADIAN PRESS

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Ghost plane raised from English Channel

Second World War bomber. German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been



Lifting equipment raises a German Dornier bomber from the English Channel off Deal, southern England, on Monday. Divers discovered the aircraft, remarkably intact, in 2008. GARETH FULLER/THE ASSOCIATED PRESS

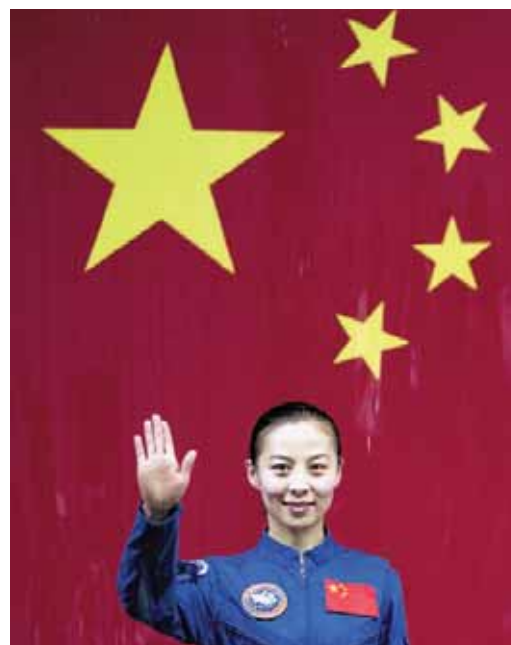
trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged despite the passage of time.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in

1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS



China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. The crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

Social-media crackdown

Kuwaiti woman jailed for 'insulting' emir tweets

A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

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Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Alcohol ads influencing teen girls, medical journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

The editorial says studies from the U.S. show that alcohol advertising aimed at young women is being viewed more commonly by young girls. The studies also show that increased exposure to alcohol advertising is linked to an increase in drinking in adolescents.

THE CANADIAN PRESS

Earning power. College pays off even for dropouts with debt, new study finds

It sounds like the worst of all worlds — borrowing money for college, then dropping out and facing the debt without a degree.

But a new study argues that the investment in even a partial college education is still worth it, amounting to average earnings of \$100,000 US more over a lifetime than for those who merely finish high school. That's a better investment return on average than stocks and bonds — though of course much lower than the return on college for those who finish.

"It is vastly better to get

a college degree," said Adam Looney, policy director at The Hamilton Project, the Washington, D.C.-based think-tank that authored the report.

"But I think the evidence says that fears of dropping out, that there are big downside risks to trying it and not finishing it, I think those are overblown. For people who are interested in college, who have ambitions of going and have the ability and qualifications to succeed, I think the evidence suggests it's an extremely good deal right now."

THE ASSOCIATED PRESS



Graduating students toss their mortarboards in the air. A study from a U.S. think-tank says that even a partial college education results in more earnings over a lifetime than a high school education. GETTY IMAGES FILE

Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent against leaders shows how the company continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the company's board.

THE ASSOCIATED PRESS



Walmart CEO Mike Duke speaks at a company shareholders' meeting in Fayetteville, Ark., on June 7. GARETH PATTERSON/THE ASSOCIATED PRESS

Montreal

High jobless rates, income inequality creating cynicism, OECD head says

High unemployment and growing income inequalities have undermined public confidence in global institutions, the head of the one of the world's leading economic think-tanks said Monday.

"Today we have lost the trust in government, we have lost the trust in political parties... in everything that we built as a society for 100 years and now there's an enormous degree of cynicism," Angel Gurría told an economic conference in Montreal.

Gurría, secretary-general of the Organization for Economic Co-operation and

Development, said voters are turning to strange options, sometimes just because they offer something different.

The situation is particularly acute in Europe where unemployment, especially among young, is high and inequality between rich and poor has grown.

People also see that many large multinational corporations pay little or no taxes. "Put it all in a cocktail, shake it and of course it blows (up) in your face."

Gurría said international organizations must re-examine their roles in light of the new paradigm and economic situation since the economic crisis. "We probably forgot that, in the end, this is all about people, we forgot that in the end if it doesn't help people it doesn't really matter that much." THE CANADIAN PRESS

Fast food. Focus on value items helps McDonald's global sales to rebound

Cheap eats and new menu items helped McDonald's boost a key sales figure in May, bouncing back from a decline the previous month.

The world's biggest hamburger chain said Monday that global sales rose 2.6 per cent at restaurants open at least a year, helped by an extra Friday in the month. In the U.S., the figure rose 2.4 per cent, as the Dollar Menu and its new chicken wraps and egg white breakfast sandwiches lifted results.

McDonald's has been struggling to increase sales as it faces changing eating habits and weak growth in the broader restaurant industry. Late last year, the company reported a decline in the monthly sales fig-

Transition

Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

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Value focus

- McDonald's is trying to attract price-conscious customers by touting its Dollar Menu and other promotions, such as two Big Macs for the price of one. Some analysts say the strategy is bad for profit margins but the company says it's necessary to steal market share.

ure for the first time in nearly a decade. Soon after, it ousted the head of its U.S. division and renewed its focus on value and refreshing its menu.

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WHY THE #@\$% CAN'T I SWEAR?

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the over-reacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown con-



SHE SAYS
Jessica Napier
metronews.ca

frontation over our \$18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type

to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Duck's swan song in Hong Kong



IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. **METRO**

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijn Hofman
Dutch conceptual artist



Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. **GETTY IMAGES**

Clickbait



ANDREW FIFE
andrew.fife@metronews.ca



GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:

One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:

An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended

on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq:

AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

Hopefully they retweet!

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca



Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey. Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine."

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to

stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver

shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzily hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers"

are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!'"

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy



This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Beased on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a bit stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

2 SCENE

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Will Smith. ALL PHOTOS GETTY IMAGES

Will there be life after Earth?

Will Smith is doing his best to laugh off the disappointing box office performance of his latest film, *After Earth*, which opened in third place its first weekend before dropping to No. 7 its second. "Now let's be honest. Three is the new one," he jokes during an interview

with Jimmy Kimmel. "Do you know how many ones it takes to make a three?" On a more serious note, Smith admits the news was hard to take that opening weekend. "Oh man, that was tragic," he says. "It's been almost two decades since I had a movie that wasn't No. 1."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Go to heel: Sarah gets her foot in the shoe biz door



THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in *Sex and the City*, is launching



her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to *Vogue*, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left.



Amanda Bynes

Is an Amanda Bynes rap album in our future?

At least someone is taking Amanda Bynes' claims that she should make a rap album seriously, as Daniel Herman of Chinga Chang Records says he has offered the troubled starlet a deal. "I cleared the project with the Orchard and Sony Entertainment, and they gave me the green light to go ahead," Herman tells Radar Online.

"The fact that Amanda wants to do hip hop music means that Chinga Chang is the best place for her to do this," Herman, who has "reached out to Amanda's attorneys to negotiate the deal," is already looking to get her first hip hop feud up and running: "I think she's more gangster than Drake," he says.

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Justin Bieber

You won't find him in da club

Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to E! News. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper the Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away. He seemed really embarrassed."

Prince Harry moonlights as Prince Charming

Prince Harry is living up to his title, at least according to one fellow soldier who claims the young Royal came to his defence after receiving threats from other soldiers over his sexuality. Lance Corporal James Wharton writes in his new memoir, *Out in the Army*, about an incident during training in Canada in 2008 when six other men threatened to attack him. "I told him: 'I think I'm about to be murdered by the infantry,'" Wharton recalls. "He had a complete look of

bewilderment on his face. I didn't hold back: I told him everything that had gone on. I couldn't stop the tears from welling up in my eyes. He said, 'Right. I'm going to sort this s— out once and for all.' Harry climbed out of the tank and started having a go. I worried he was about to make the whole thing worse, but he wasn't holding back. Prince Harry was sticking up for me and putting a stop to the trouble. I had been on track for a battering and had been rescued."

Twitter



@JuddApatow

I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.



@ElizabethHurley

On way to Moscow. Two hours sleep. zzzzzzz on flight.



@pattonoswalt

The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA
MCGUINNESS
life@metronews.ca

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your



She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis.

"But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for

long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shal-

low and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally.

"This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breathe) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

3 TIPS

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put

your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

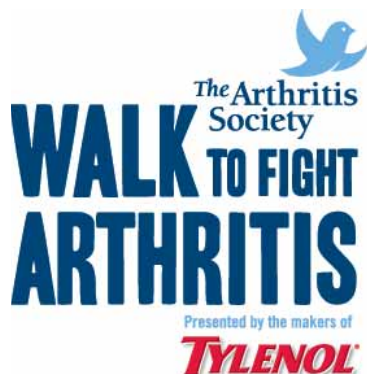
Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear

leg up until it is parallel with the floor.

Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

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The next stage in my life

I wanted to let you know I have not even finished my first bottle of Menopause and already I have had amazing results. After about two weeks I saw a decrease in hot flashes and now in the final week of my bottle I have had a great reduction in the number and severity of the hot flash. I cannot thank you enough for this product.

Kerry Baker, BC

This product is a miracle!! I have been experiencing interrupted sleep for years due to peri-menopause. After only 1 week I am saving logs. THANK-YOU!

Merci, Pam

When I started taking Menopause I was having 15-20 hot flashes per day and within two weeks they were reduced to two during the night and maybe two during the day. Your product is amazing and taking only one a day is very convenient. Thanks for making my menopausal days that much easier.

Diane Lindsay, Picton, ON

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Ensuring you get a good night's sleep is easier than ever. iSTOCK PHOTOS

Forget counting those sheep before you sleep

Sleep problems. Don't spend the whole night tossing and turning, these tips can help you get back to your dream land quickly

Summer's here — the sun is shining and you may be feeling restless and unable to sleep.

Lack of sleep can often come upon us when the seasons shift. The heat and humidity of warmer months can make it difficult for some to sleep, especially for people who don't have air conditioning.

Canadian physicians recognize the importance of a good night's sleep. One way

Sleep aids

A variety of over-the-counter (OTC) medications are available to treat occasional sleeplessness.

- **Get help from meds.** For more tips on getting a better night's sleep, visit zzzquil.ca.

to improve your sleep is to maintain a cool bedroom temperature. Here are some other useful tips.

Make your day work for you.

Daily exercise and a consistent routine of going to bed and waking up at the same time will help program your body to wind down when it's time to sleep. Calming activities, such as leisure reading, will also help you relax and ease the transition into deep sleep.

Create a sleep sanctuary.

Dim the lights in the evening to tell your body bedtime is approaching and sleep in a dark room. Your bedroom should be a sanctuary from all the stresses of the day.

Keep it cool, quiet and free from distractions.

While room lights, TV, computers and other electronics illuminate our worlds well beyond nightfall and give us the ability to stay active after dark, scientists are

now contemplating how this prolonged exposure to light might interfere with our bodies' naturally-programmed sleep patterns. In other words, computers, cellphones and work assignments should be out of sight.

Have a backup plan.

Lessen the pressures of trying to fall asleep by selecting a calming activity that's right for you. If you're not sleepy, simply get out of bed and do something relaxing in dim light. Return to bed only when you are sleepy.

Talk to your doctor if sleeplessness persists.

Sometimes lifestyle changes and behavioural approaches are not enough to correct the issue.

NEWS CANADA



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Best Health

Sunshine, lollipops and ... allergies?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy—called solar urticaria—is very rare, affecting an estimated 0.5 per cent of people.

“Some 10 per cent of the world’s population might have a skin reaction when exposed to the sun,” says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now.

And we’re not talking about sunburn here.

The reactions can be broken down into two types: sun allergy and sun sensitivity.

“People with an allergy

will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives,” Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun. But unlike other allergies, it’s not life-threatening — just uncomfortable.

Sun sensitivity, on the other hand, is far more common.

It’s characterized by little red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn’t happen until later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called polymorphous light eruption, which is an internal immune system reaction to sun exposure.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.



The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

Pain relief 101: know your meds

Health issues. Opioids can be highly addictive and anti-inflammatory drugs have been linked to a whole list of health issues

’Tis the season to get outside and enjoy the sunshine with friends and family. But for the 10 per cent of Canadians

that The Arthritis Society says are living with osteoarthritis (OA), enjoying the warm weather isn’t always easy. Activities such as biking, golfing and gardening, for example, may be a challenge if they are suffering with chronic knee pain.

“The pain of knee OA can not only impact one’s lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health,” says Dr.

Philip Baer, Rheumatologist. “Working with a doctor to develop an individualized treatment plan can help patients with knee OA better manage their pain, so they can reconnect with their lives.”

While there are a number of medications available to reduce the pain and discomfort associated with OA of the knee, it’s important to ensure that pain is managed in the safest way possible. Following these tips can help.



You may have joint pain but get to know the issues with your medications before taking anything. NEWS CANADA

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Know the risks

There are risks associated with some pain relievers. Opioids, for example, may be highly addictive, while gastrointestinal bleeding has been reported with use of non-steroidal anti-inflammatory drugs (NSAIDs), and high doses of acetaminophen can lead to liver toxicity. There are other treatments, however, that can provide effective pain relief, are non-addictive and well-tolerated.

Don't mix

The effect of some medications can sometimes be increased or decreased when administered in combination with other medication, including prescription and over-the-counter (OTC) drugs, and even food. A health-care professional can advise on any potential interactions between medications.

Don't overdo it

As specified by a health-care professional, when taking prescription and OTC medications, including acetaminophen or ibuprofen, do not

exceed the maximum daily recommended limit.

Read and follow the label

Always follow the instructions for use of any prescription and OTC medications. It is also a good idea to address outstanding questions or concerns with a health-care professional.

Talk to a doctor

People with chronic pain should always consult their physician before beginning a new medication.

NEWS CANADA

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SLEEP TIGHT



LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has

taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers

that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs

memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. — Peter Boyle

YOU'LL BE DREAMING IN NO TIME

Follow these tips to fall into dream land..

- 1** A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.
- 2** A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.
- 3** Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while



AREKMALANG/VEER

alcohol can make you drowsy, drinking too much interferes with sleep.

- 4** Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.
- 5** Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.
- 6** Massage. I'll rub your back if you rub mine. A few minutes of massage



DGMATA/VEER

will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

- 7** Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.
- 8** Create an ideal sleep environment. Do whatever you need to promote



MOCKER/VEER

sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

- 9** Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend \$1,000 on one that you find comfortable.
- 10** Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

— Peter Boyle



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Follow the bride's request

She won't be upset if she doesn't have a bachelorette

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have

turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another. Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment. What do I do? Thank you, Michelle



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time.

Stick to your gut feelings as it appears you are on the right track!



Maybe she might enjoy just drinks with the girls without all the usual bachelorette party traditions. ISTOCK

The wedding dress whisperer

In demand. Host of two wedding TV shows, Randy Fenoli seeks big-day perfection and is on a mission to make every girl's dream day a reality

MEREDITH ENGEL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

The prefect day

"Brides want everything to be perfect and it should be! I want everything to be prefect too."

Randy Fenoli TV celebrity and professional wedding consultant. On why a bride should be allowed to seek perfection on her big day.

The trick to saying, 'I do'

"Hold the flowers down and low. Don't run down the aisle — just pause for a moment and take it all in. I hear brides say after the wedding, 'It all went so fast, I don't even remember it.' Be in the moment."

Randy Fenoli, TV celebrity and professional wedding consultant. Dishing out advice to the brides of the future on how to handle themselves walking down that aisle.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:

"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

Shopping Tips

• **Know your budget.**
"You've got to have a wedding budget. If you've allotted \$1,000 for the dress and \$1,000 for the flowers and you find a dress that's \$1,200, you're like, 'OK, what do I do? Maybe you take \$200 from your flowers and put it on your dress.'"

• **Go to a reputable bridal salon.**
"You're gonna be working with this person to get your dress and to deliver it and alter it and take care of it. You want to be able to have that peace of mind."

• **Consider your options.**
"Go in with a wedding date and a venue. Know what look you're going for ... but also keep an open mind. So many times, brides come in and say, 'I don't want strapless, I don't want lace and I don't want beaded,' and they buy a beaded, lace, strapless dress. I see it every day."

He doesn't believe in bridezillas:

"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are



Randy Fenoli fights for the brides he works with and seeks perfection just like any bride would. ISTOCK

watching? It should be right."

He goes beyond the dress:

"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

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Just a teaspoon full of orange rind helps the stir-fry to wow



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This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bowl.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approxi-



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

mately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer

pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over

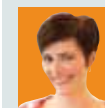
Ingredients

- 10 oz whole wheat soba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced
- Sauce**
- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root
- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chestnuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

pasta and toss. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Health Solutions

Marinade for protection



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and pre-

- venting charring helps
- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Lunch. Greek-Style Turkey Burger

1. Heat the grill to medium.

2. In skillet over medium-high, heat 1 tbsp oil. Add onion and cook, stirring, until golden brown, about 5 mins. Add remaining 1/2 tbsp olive oil and spinach and cook, stirring, until spinach wilts. Season with salt and pepper, then transfer mix to bowl. Chill in refrigerator until cooled to room temp.

3. In bowl combine yogurt, mayo, pepperoncini, pepperoncini liquid, lemon juice, garlic,

Ingredients

- 1 1/2 tbsp olive oil
- 1/2 cup finely chopped yellow onion
- 5 oz baby spinach
- Kosher salt and ground black pepper
- 1/4 cup non-fat plain Greek yogurt
- 1/4 cup low-fat mayonnaise
- 2 tbsp minced seeded pepperoncini
- 1 tbsp liquid from the pepperoncini jar
- 2 tsp lemon juice, or to taste
- 1 tsp minced garlic
- 3 oz crumbled feta cheese
- 2 tbsp chopped oregano
- 1 lb ground turkey
- 4 whole-wheat hamburger buns



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

and salt and pepper to taste. Set aside.

4. Once spinach has cooled, remove from refrigerator and add feta, oregano, ground turkey, 1/4 tsp salt and black pepper. Mix well, then shape into 4 patties, each about 1/2-inch thick.

5. Spray burgers lightly with olive oil cooking spray, then grill

over medium heat until just cooked through, about 6 minutes per side. Spread some of the yogurt sauce on the bottom half of each bun, then top with a burger. Spoon the remaining sauce over the burgers and top with the remaining bun halves. Serve. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile

20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

— Jane Doucet



MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will

have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low

sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

— Jane Doucet



GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges

of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women)



WONG SZE FEI/VEER

or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exer-

cise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

— Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are

valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby.

It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

— Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

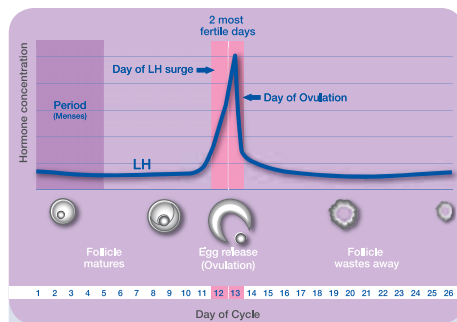
- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant¹. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether². Which eventually makes trying for a baby more trying than exciting.



© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle³. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days⁴ anyway.



Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test⁵, from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at www.clearblue.com). Once you know your

usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

Unique Digital results that are quick and totally clear.



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¹ Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 ² Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GIK Roper Public Affairs) ³ Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 ⁴ Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 ⁵ Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of *Healthy Beginnings: Giving Your Baby the Best Start*, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to



ANDRES/THINKSTOCK

so-called mood swings.

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event,"

Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad,

anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

— Jane Doucet

AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH



Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's

age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

— Jane Doucet

SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

A recent survey of female members of the Metro Panel, a reader advisory board of Metro News Group, sponsored by EMD Inc., Canada, has revealed good intentions when it comes to family planning, but that large gaps in fertility knowledge may be derailing these plans for many women.

"Today, society accepts that most couples are not in a position to start trying to have children before the age of 30," says Tim Halpen, president of Generations of Hope, an organization that fundraises to help infertile couples cover the cost of in vitro fertilization and advocates for public funding of the procedure. "Unfortunately, we as a society do not do a good job educating them on the challenges this presents."

Only 39 per cent of survey respondents felt secure enough in their knowledge of fertility to successfully plan for a family. And while 90 per cent stated they had considered when would be the best time for them to start a family, only 10 per cent had their fertility tested.

Their reasons for determining the best time for family building were well thought out. Most felt they would need to be in a stable relationship, achieve financial stability, have finished their education and be well-established in a career.

However, these goals can take time and result in many couples not trying to conceive until well past the age when fertility starts to decline. Only 25 per cent

of respondents had considered the risk of their fertility declining in deciding when to start having a family.

Many women knew fertility dropped off at a certain age but couldn't accurately pinpoint that age. Only 11 per cent correctly guessed that a woman's fertility starts to decline around age 30.

When it came to questions about in vitro fertilization (IVF), which is often the most effective and only way infertile couples can conceive, only 25 per cent of respondents guessed the price tag of one treatment cycle at \$5,000 to \$10,000. More than half said if they needed treatment they would have no idea how to pay for it.

According to Dr. Cal Greene, medical director of the Regional Fertility Program in Calgary, many IVF patients elect to transfer multiple embryos in the hope of getting the biggest "bang for their buck." However, this, too, can come at a price.

"Multiples are 17 times more likely to be born premature and to require expensive care at birth and throughout their lives," Greene says. "By having access to government-funded IVF, Quebec patients now transfer more single embryos and have healthier babies who cost the health-care system less over time."

As a result, a petition has been launched in Alberta by Generations of Hope that calls on the government to fund IVF. Approximately 20,000 signatures have been collected.

— Paula Schuck

The 1 in 6 Petition Challenge: Get Involved

Find **six** people to sign your petition form. Send a message to the government that Albertans support public funding of infertility treatments

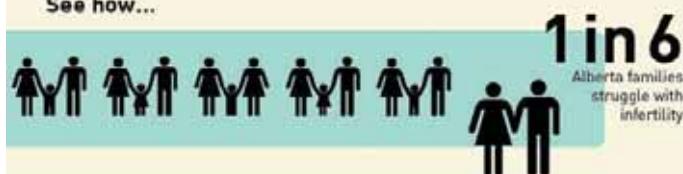
Today: **16,000** signatures

Goal: **25,000** signatures

76% of Albertans support funding **in vitro fertilization** for good reason

- it will **save** Alberta healthcare dollars
- it will ensure better outcomes for moms and babies

See how...



Infertility is a medical condition with a highly effective treatment. Because of the high cost of current IVF treatment, families choose to transfer **multiple-embryos** in hope of increasing their chance to have a baby.



If IVF were funded, Alberta would **save**

\$78,000,000

in the first five years due to a reduction in multiple births



Get involved - Sign the Petition

Let the Alberta government know you care about Alberta families!

Support publicly funded #AbHC4IVF generationsofhope.ca

SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Tammy and Matt Pfeiffer have their hard-earned miracle family. But it was a long route to parenthood for the Stony Plain, Alta., couple.

The Pfeiffers began trying to conceive just before they were married. At 32, Tammy had irregular periods and tests resulted in a diagnosis of polycystic ovarian syndrome (PCOS). After several months of trying, their doctor put Tammy on oral medications. But the couple still had no luck conceiving. Tests

revealed Matt had male factor infertility on multiple levels, low count, slow motility and low volume.

Due to the PCOS and the male factor infertility, they were given a referral to a fertility clinic immediately. They continued on oral medications and did intrauterine insemination (IUI). To their surprise they got pregnant, but then they had a devastating miscarriage.

After two and a half years of trying,

they were told their last option was in vitro fertilization (IVF). But at a cost of more than \$10,000 with medications, it was daunting. The Pfeiffers sold their trailer and saved up for the price of the procedure. "It was heartbreaking to know there weren't a lot of options to becoming parents," Tammy says.

Adoption was considered, but the Pfeiffers knew costs could be high depending on the type and they worried how long it would take to be matched with a child.

On transfer day only two embryos were left. Both were transferred. After three years of trying and one miscarriage, the Pfeiffers were finally pregnant with twins. Today their babies are six months old.

"Without IVF we would not be a family," Tammy says.

Together, they found support through the journey from Generations of Hope, an Alberta infertility patient support and advocacy group.

All your money going in the gas tank?



YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with \$2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to \$2,322.

For a mid-sized car (Camry LE) the tab rises to just more than \$3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at \$1.23 a litre.

However, right now only New Brunswick enjoys \$1.23 at the pump while all the western provinces — except Alberta at around \$1.27 — are well over \$1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of \$3,500 annually



Time to fill up again! But you can save some gas money by changing a few of your driving habits. ISTOCK IMAGES

for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition

Idling shortens the life of engine oil by as much as 75 per

cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal

Darting away from a stoplight consumes 40 per cent more

fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle

Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel con-

sumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance

Regular tune-ups, lubrication and oil changes reduce engine

Car culture

Number of cars per 1,000 people:

- Canada. 607
- U.S. 797

wear and improve gas mileage.

5. Check the pressure

Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up

Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between \$580 and \$750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Savings strategies for new graduates

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a

bit of effort, but it's worth it in the long run. Remember these tips:

Keep it simple

It should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives

Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

Be realistic and specific about your spending

Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities,

transportation, school debt payments, entertainment, clothing, etc.

Stay organized

Save all of your receipts and track them against your budget.

Talk to a financial planner to help you define your short- and mid-term savings goals, assess the savings options available to you and get advice on how to get an early start on your retirement savings strategy. One of the best ways of doing this is to take advantage of dollar cost averaging, which is all about using time and consistency to grow your money.

Here's how that would look: Suzanne can contribute \$1,200 this year into her retirement savings plan. She

can either wait until she's saved up \$1,200 and invest it all at once, or contribute \$100 each month. Here's how dollar cost averaging pays off:

Lump Sum Contribution: She saves \$1,200 by the end of the year and is ready to invest. Suzanne decides to purchase mutual fund shares with a unit price of \$5. Her \$1,200 buys 240 units.

Regular Contributions: By contrast, Suzanne invests \$100 per month through regular payroll deductions. Because of market fluctuations, the cost per unit changes every month, allowing her to buy a different number of units with her monthly contributions. At the end of the year, Suzanne was able to buy 266 units, valued at \$1,330. She's now ahead by \$130. **NEWS CANADA**



It's as easy as following the Debt Free sign on the highway of life, right?

Life happens
...we can help

Unexpected costs? Sudden changes? No problem, we can help you with a debt solution to help you manage monthly payments, keep your assets and even **reduce your debt**.

We'll work with you to find a solution.
Contact us for a **free, no obligation consultation:**

310-8888 or visit **gt.alger.ca**



Grant Thornton

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Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

Tebow New England-bound, sources say

Quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday, a person familiar with the situation says.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

James' shooting lame as Heat head to Texas

NBA Finals. League MVP's efficiency down, but secondary options stepping for Heat

Somehow, some way, the San Antonio Spurs seem to have discovered a secret that every team in the league desperately searched for all season long. They have figured out a way to slow down LeBron James.

Whether it's Kawhi Leonard's incredible wingspan, Danny Green's dogged determination or a stash of kryptonite that Tim Duncan happened upon, it's working. And yet the Spurs return home for Game 3 of the NBA Finals on Tuesday night perhaps feeling lucky to have earned a split in Miami.

James is averaging a pedestrian 17.5 points and has posted his two lowest point totals in the playoffs during the finals. One would think that's a recipe for a commanding 2-0 series lead.

But San Antonio needed an incredible shot from Tony Parker with 5.2 seconds to play in Game 1, then got blown out in Game 2 on Sunday even though the four-time MVP scored just 17 points on 7-for-17 shooting.

"He's going to score," Parker said of James after the Spurs' 103-84 loss that evened the series 1-1. "But right now

the other players, they are playing great, too. So we can't have both."

James shot an astounding 56.5 per cent during the regular season and made 103 three-pointers — the first time in NBA history someone has made that many threes while shooting a percentage that high. The improved shooting has made the six-foot-eight, 250-pound freight train almost impossible to guard, and had the Heat confident that they had the antidote for any type of defensive approach against James.

The last time the Spurs were in the finals in 2007, they won their fourth title over the Cleveland Cavaliers by daring James to shoot jumpers. It worked beautifully when James shot an abysmal 35.6 per cent in a four-game sweep.

The Spurs have essentially used the same approach this time around.

James had a triple-double in Game 1, but only scored 18 points on 16 shots in the 92-88 loss. He is shooting just 41.4 per cent from the field, is two for eight from long range and has attempted only six free throws in the first two games.

"I know I attract a lot of attention," James said. "This team has been set up the right way where when I do attract attention, we have guys that can make plays."

THE ASSOCIATED PRESS

More than just James

"It was the whole Miami team was killing us.... It's not just that he turned it on. It was Miami that turned it on."

Spurs guard Manu Ginobili on the Heat's 33-5 run that put San Antonio away early in the fourth quarter of Game 2 on Sunday night. Dwyane Wade kept Miami in it with 17 points through the third, Mario Chalmers' had 19 points and three three-pointers from Mike Miller fuelled the surge.



Spurs power forward Tim Duncan defends against LeBron James during Game 2 of the NBA Finals on Sunday night in Miami. San Antonio has held James to 41.4 per cent shooting in the finals, well down from his stellar 56.5 per cent shooting in the regular season. RICHARD WOLOWICZ/GETTY IMAGES

Stout looks to mark a decade in MMA with a bang



Sam Stout celebrates after knocking out Yves Edwards at UFC 131 in Vancouver on June 11, 2011. Stout faces James Krause at UFC 161 on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Just 29, Canadian lightweight Sam (Hands of Stone) Stout is celebrating an anniversary of sorts at UFC 161.

He made his pro debut as an MMA fighter 10 years ago this month at a show in Cicero, Ill., where he was choked out in the first round by Jay Estrada.

"I do feel a little bit old sometimes," conceded the 155-pounder from London, Ont. "Especially when you see some of these younger guys coming up that are so good, in their early 20s still. It's like 'Wow, I remember when that was me.'"

"But it's a cool feeling. It's something I'm proud of, the fact that I've withstood the test of time."

Stout (20-8-1) has lasted more than seven years in the UFC, making his debut at UFC 58 back in March 2006.

The only other Canadian fighters active in the UFC who started earlier are welterweight champion Georges St-Pierre (UFC 46), bantamweight Ivan (The Pride of El Salvador) Menjivar (UFC 48) and middleweight-turned-welterweight Patrick (The Predator) Cote (UFC 50).

Stout's Octagon record is 8-7 heading into Saturday's fight with James Krause (19-4) as the UFC visits the Manitoba capital for the first time. Krause, a late injury replacement for Isaac Vallie-Flagg, is making his UFC debut after going 0-2 in the WEC.

Stout has alternated wins and losses his last five fights but has kept his place in the organization because he always comes ready to bang. He has won six bonuses, one for knockout of the night and five for fight of the night.

THE CANADIAN PRESS

Championship plot thickens

The Stanley Cup final opens Wednesday in Chicago as the Blackhawks host the Bruins. Here are five storylines to watch:

THE CANADIAN PRESS

Photos by Getty Images



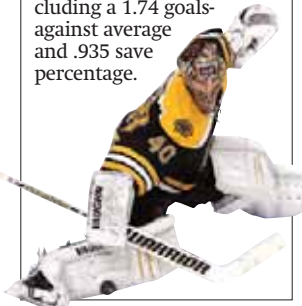
Original Six returns

It's the first time two Original Six teams are meeting in the Stanley Cup final since the Montreal Canadiens beat the New York Rangers in 1979. More than anything else, Boston and Chicago being back in the final speaks to the revitalization of two historic hockey towns that, until recently, hadn't experienced this kind of success in decades.

Conn Smythe watch

David Krejci is scoring at a remarkable pace, but he's still not the Conn Smythe front-runner for the Bruins. Goaltender Tuukka Rask has a playoff-best .943 save percentage and two shutouts, and he stifled the Pittsburgh Penguins in the Eastern Conference final.

Chicago goalie Corey Crawford's numbers aren't far behind Rask's, including a 1.74 goals-against average and .935 save percentage.



Goalie change

Rask was on the bench two years ago when Thomas carried the Bruins to the Stanley Cup with a 1.98 goals-against average and .940 save percentage.

Crawford doesn't have a ring from 2010, but after splitting duties with Ray Emery during the regular season, Crawford has the reins for the Blackhawks in the post-season. He could start making a nice career for himself after this impressive run.

Power outage

The Bruins and Blackhawks have plenty of offensive firepower, but the conference finals didn't feature a whole lot of anything on the power play.

Even in breezing into the cup final, Boston and Chicago combined to go 1-for-27 on the power play in the last round. The Blackhawks were 1-for-14,



Chara effect

Few defencemen can change the complexion of a game or series like the six-foot-nine Zdeno Chara, who, despite a lack of mind-blowing stats, should be a Norris Trophy finalist every year.

Chara skates almost 30 minutes a game and is a factor in every situation. Along with Rask, he played a huge role in the Bruins holding Penguins stars Sidney Crosby and Evgeni Malkin to zero points.

NHL

Shape up or ship out, new Oilers head coach Eakins warns

The new coach of the Edmonton Oilers has already delivered a message to his team: Get fit or get out.

"I think there may be some big adjustments for the players, with me coming in here," Dallas Eakins said at his introductory press conference.

"I want players to be so fit that a forward, if I ask him to play 26 minutes that night, he's going to play 26 minutes at a high level.

"That is something that I'm passionate about that will be probably a bit of a challenge on the buy-in. But it's non-negotiable, and there will be buy-in."

Eakins, 46, who replaces the fired Ralph Krueger, comes to the Oilers after spending four years as an AHL coach in Toronto, where he led the Marlies to the 2012 Calder Cup final.

THE CANADIAN PRESS

Turban ban

CSA suspends Quebec federation

The Canadian Soccer Association says it has suspended a provincial association over its refusal to let turban-wearing children play.

The organization says it had to intervene because the Quebec Soccer Federation showed no sign of overturning its decision to restrict turban-wearing Sikhs from the pitch.

"The Quebec Soccer Federation's inaction has forced us to take measures in order to ensure soccer remains accessible to the largest number of Canadians," it said in a statement Monday night.

The national organization said last week it expected the Quebec association to reverse the ban, which has drawn international news coverage and condemnation from several federal politicians.

Quebec's federation says it's concerned about safety.

The Canadian association says it will lift the suspension once it has proof the Quebec federation has revoked the ban.

THE CANADIAN PRESS

Tragedy at the track. Volunteer remembered as fanatic of F1 circuit

The volunteer marshal killed at the Canadian Grand Prix was a Formula One "fanatic" who died serving the sport he loved.

Mark Robinson was crushed by a crane on Montreal's Circuit Gilles Villeneuve following the Sunday race. The 38-year-old Montrealer, who gave his free time to the annual event every year over the last decade, was pronounced dead in hospital a couple of hours later.

One of Robinson's childhood friends told The Canadian Press that his pal watched every possible F1 race on TV — even at all hours of the night — and taped any event he couldn't watch live.

He would even re-watch the events in English and French to compare the sportscasters' commentary.

Marty Devey said the sport had long been a big part of Robinson's life, a passion that soared to new heights when Canadian driver Jacques Villeneuve starred in F1 in the mid-to-late 1990s.

"F1 for him was kind of like getting a chance to be a roadie for the Rolling Stones once a year," Devey said



Track workers remove a car after a crash at the Canadian Grand Prix on Sunday in Montreal. A worker was crushed by a crane and died in hospital. THE CANADIAN PRESS

about Robinson, whom he had known since they were teenagers growing up in the Laurentians, north of Montreal.

"He thought about it, talked about it. For a quiet guy, if you started talking F1 with this guy, you wouldn't be able to quiet him down."

Devey, who also lived with Robinson for three years, said his friend kept every bib and piece of memorabilia he collected from working at past races. He said he always looked forward to reuniting with other annual volunteers at the track. THE CANADIAN PRESS

NHL PLAYOFFS

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

Wednesday's game

Boston at Chicago, 8 p.m.

Saturday's game

Boston at Chicago, 8 p.m.

Monday, June 17

Chicago at Boston, 8 p.m.

Wednesday, June 19

Chicago at Boston, 8 p.m.

Saturday, June 22

x-Boston at Chicago, 8 p.m.

Monday, June 24

x-Chicago at Boston, 8 p.m.

Wednesday, June 26

x-Boston at Chicago, 8 p.m.

x — played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	9	12	21
Horton, Bos	7	10	17
Malkin, Phg	4	12	16
Letang, Phg	3	13	16
Crosby, Phg	7	8	15
Sharp, Chi	8	6	14
Hossa, Chi	7	7	14
Kane, Chi	6	8	14
Bickell, Chi	8	5	13
Voytov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Lucic, Bos	3	10	13

NBA PLAYOFFS

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS. SAN ANTONIO (2)

(Series tied 1-1)

Sunday's result

Miami 103 San Antonio 84

Thursday's result

San Antonio 92 Miami 88

Tuesday's game

Miami at San Antonio, 9 p.m.

Thursday's game

Miami at San Antonio, 9 p.m.

Sunday's game

Miami at San Antonio, 8 p.m.

Tuesday, Jun. 18

x-San Antonio at Miami, 6 p.m.

Thursday, Jun. 20

x-San Antonio at Miami, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	39	25	.609	—
New York	37	26	.587	1½
Baltimore	36	28	.563	3
Tampa Bay	34	28	.548	4
Toronto	27	35	.435	11

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	35	27	.565	—
Cleveland	30	33	.476	5½
Kansas City	29	32	.475	5½
Minnesota	27	33	.450	7
Chicago	27	34	.443	7½

WEST DIVISION

	W	L	Pct	GB
Texas	38	25	.603	—
Oakland	38	27	.585	1
Los Angeles	27	37	.422	11½
Seattle	27	37	.422	11½
Houston	22	42	.344	16½

Monday's results

Baltimore 4 L.A. Angels 3
Texas 6 Cleveland 3
Kansas City 3 Detroit 2
Boston at Tampa Bay
Toronto at Chicago White Sox
Houston at Seattle

Sunday's results

Texas 6 Toronto 4
Detroit 4 Cleveland 1
Boston 10 L.A. Angels 5
Baltimore 10 Tampa Bay 7
Chicago White Sox 4 Oakland 2
Kansas City 2 Houston 0
N.Y. Yankees 2 Seattle 1
Tuesday's games
All times Eastern
L.A. Angels (Vargas 5-3) at Baltimore
(Gonzalez 3-2), 7:05 p.m.
Boston (Lester 6-2) at Tampa Bay (Hernandez 3-6), 7:10 p.m.
Cleveland (Kluber 3-4) at Texas (Holland 5-2), 8:05 p.m.
Philadelphia (Hamels 2-9) at Minnesota (Walters 2-1), 8:10 p.m.
Toronto (Wang 0-0) at Chicago White Sox (Quintana 3-2), 8:10 p.m.
Detroit (Scherzer 8-0) at Kansas City (Davis 3-5), 8:10 p.m.
N.Y. Yankees (Sabathia 6-4) at Oakland (Colon 7-2), 10:05 p.m.
Houston (Norris 5-5) at Seattle (Harang 2-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	24	.619	—
Washington	31	31	.500	7½
Philadelphia	31	33	.484	8½
New York	23	35	.397	13½
Miami	18	45	.286	21

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	41	22	.651	—
Cincinnati	38	26	.594	3½
Pittsburgh	37	26	.587	4
Milwaukee	26	37	.413	15
Chicago	25	36	.410	15

WEST DIVISION

	W	L	Pct	GB
Arizona	35	28	.556	—
San Francisco	33	29	.532	1½
Colorado	34	30	.531	1½
San Diego	29	34	.460	6
Los Angeles	27	35	.435	7½

Monday's results

Milwaukee 6 Miami 1
Cincinnati 6 Chicago Cubs 2
Atlanta at San Diego
Arizona at L.A. Dodgers
Sunday's results
Miami 8 N.Y. Mets 4 (10)
Washington 7 Minnesota 0
Milwaukee 9 Philadelphia 1
Chicago Cubs 4 Pittsburgh 1
Atlanta 8 L.A. Dodgers 1
Colorado 8 San Diego 7 (10)
San Francisco 6 Arizona 2
Washington 5 Minnesota 4
St. Louis 11 Cincinnati 4 (10)
Tuesday's games
All times Eastern
San Francisco (Lincecum 4-5) at Pittsburgh (Cole 0-0), 7:05 p.m.
St. Louis (Wacha 0-0) at N.Y. Mets (Hefner 1-5), 7:10 p.m.
Milwaukee (Peralta 4-7) at Miami (Turner 1-0), 7:10 p.m.
Cincinnati (Cingrani 2-0) at Chicago Cubs (Garza 1-0), 8:05 p.m.
Washington (Haren 4-7) at Colorado (Chacin 3-3), 8:40 p.m.
Atlanta (Hudson 4-5) at San Diego (Cashner 4-3), 10:10 p.m.
Arizona (Kennedy 3-4) at L.A. Dodgers (Greinke 3-1), 10:10 p.m.

Horoscopes

Aries

March 21 - April 20

You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

Taurus

April 21 - May 21

Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

Gemini

May 22 - June 21

Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

Cancer

June 22 - July 23

Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

Leo

July 24 - Aug. 23

A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

Virgo

Aug. 24 - Sept. 23

You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

Libra

Sept. 24 - Oct. 23

Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

Scorpio

Oct. 24 - Nov. 22

You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

Sagittarius

Nov. 23 - Dec. 21

Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

Capricorn

Dec. 22 - Jan. 20

How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

Aquarius

Jan. 21 - Feb. 19

Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

Pisces

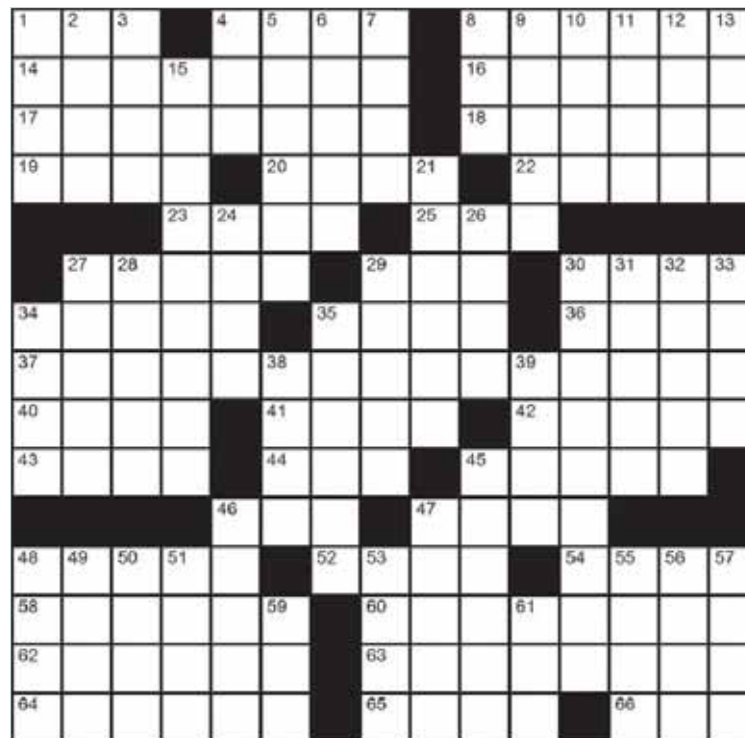
Feb. 20 - March 20

Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it. Not everyone can be a big-hearted Pisces. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ vapeur (Steamed, restaurant style)
4. Ontario's Casino ___
8. Piles
14. Tires company
16. Esoteric
17. ___ Sea (Arctic Ocean part)
18. Cape ___, Nunavut
19. "Correct me ___ wrong, but..."
20. Canada Geese flying formations
22. ___ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. ___ a fox: 2 wds.
35. Remarkd
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick ___, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the ___"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth:



- Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian ___

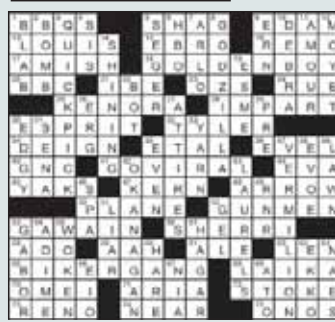
- (Region of rocks)
 65. Week parts
 66. Bob ___ (Liberal politician)
- Down**
1. Prefix to 'dextrous' (Skilled at right/left hand use)
 2. Poet's 'willingly'
 3. Health food berry

4. CFL official
5. Billy Idol's "To Be ___"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of

- actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All ___ of You"
26. Kim Mitchell hit: "Go for ___"

27. Miss ___, "Dallas" matriarch
28. The Gershwins musical, ___ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "___ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street ___" (1987 to 1994 Canadian series)
47. Princess ___, William and Harry's mum
48. Regrettably
49. Hope for
50. ___-aging cream
51. Unique
53. Music style, ___ rock
55. Roman road
56. Author, ___ Neale Hurston
57. Newfoundland: L'___ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 14°
MIN: 6°

WEDNESDAY

MAX: 20°
MIN: 8°

THURSDAY

MAX: 17°
MIN: 8°

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